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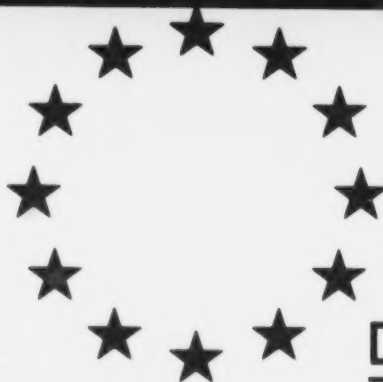
ABSTRACT

This document contains resolutions on sport recommended by the Committee for the Development of Sport (CDDS) and adopted by the Committee of Ministers for the Development of Sport of the Council of Europe. The adopted resolutions cover the following topics: (1) doping of athletes; (2) the medical aspects of sport; (3) hygiene of sport installations; (4) establishment of sports medicine centers; (5) principles for a policy of sport for all; and (6) setting up the Council of Europe sports fund. Recommendations of the Committee of Ministers to Member States concern: (1) doping in sport; (2) sport and television; (3) nature conservation in inland water areas; (4) energy-saving measures in sports facilities; (5) spectator violence at sporting events, particularly at football matches; (6) the "European Anti-Doping Charter for Sport"; and (7) sport for all: disabled persons. (JD)

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Part I

Resolutions and recommendations on sport

adopted by the Committee of Ministers, 1967-86

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Committee for the Development of Sport

Strasbourg 1987 2

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SP 028 914

COMMITTEE FOR THE DEVELOPMENT OF SPORT

RESOLUTIONS AND RECOMMENDATIONS
ON SPORT

Adopted by the Committee of Ministers

1967 - 1986

Strasbourg
1987

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COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RESOLUTION (67) 12

(Adopted by the Ministers' Deputies on 29th June 1967)

DOPING OF ATHLETES

The Committee of Ministers of the Council of Europe,

Considering that the aim of the Council of Europe is to achieve greater unity among its Members for the purpose of safeguarding and promoting the ideals and principles which are their common heritage and of facilitating their economic and social progress;

Considering that sports activities now play an important role in the protection of health, in moral and physical training and in promoting international understanding;

Considering that the influence of sport on young people and adults has grown considerably as a result of modern information media and travel facilities;

Having regard to the value of the example set by champions and their behaviour, as well as their prestige in the eyes of most young people and many adults;

Considering the increasingly evil effects of certain practices known as "doping" which jeopardise the health and dignity of those who resort to it and offend against the spirit of fair play essential to all sports;

Considering that doping is the administration to or the use by a healthy person, in any manner whatsoever, of agents foreign to the organism, or of physiological substances in excessive quantities or introduced by an abnormal channel, with the sole purpose of affecting artificially and by unfair means the performance of such a person when taking part in a competition,

A. Recommends the Governments of member States :

1. to persuade the sports associations and federations which organise competitions in their territory to take action if necessary with their international federations and, if they have not already done so, to issue regulations :

(a) condemning the use, or procedures to facilitate the use, in preparation for or during a sports competition, of the substances or processes employed for doping as defined in the Preamble to this Recommendation ;

(b) penalising offenders by prohibiting them, temporarily or permanently, from taking part in, organising or acting in an official capacity at any sports competition ;

(c) applying the regulations to any person who, in another member State, has been penalised in accordance with the provisions of paragraph (b) above ;

2. to take the appropriate measures at their disposal to achieve the objectives set forth in paragraph 1 above, if the regulations referred to in that paragraph have not, within three years from the date of this Recommendation, been issued or effectively applied ;

B. Invites the Governments of member States to keep it informed of action taken by them to implement this Recommendation.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RESOLUTION (70) 7

(Adopted by the Ministers' Deputies on 7 March 1970)

ON THE MEDICAL ASPECTS OF SPORT

The Committee of Ministers,

Considering that the aim of the Council of Europe is to bring about a closer union between its Members by means, inter alia, of the adoption of common regulations in the social field;

Considering that the World Health Organisation defines health as a state of complete physical, mental and social well-being and aims at the attainment by all people of the highest possible level of health;

Considering that sports activities are beneficial not only for the development of personality but also for the attainment of good health as defined above,

- A. Addresses the following recommendations to the governments of member states;
- B. Invites the governments of the member states to inform it at the end of five years of action taken in application of this resolution.

I. Sports curricula in schools

- 1. Physical education should be a part of every school curriculum.
- 2. Physical education should be given two or three times a week with a minimum of three hours per week. Where possible an hour a day of physical education could be given in primary and secondary schools.

3. After consultation where necessary with the family doctor, school doctors should see that the physical education of each child is adapted to his condition. It is important that pupils with permanent handicaps and delicate or debilitated children take part in as many physical activities as possible.

4. School doctors should co-operate as far as possible with physical education instructors in order to advise the pupils under their supervision on any health problems connected with their participation in all sports activities.

5. In out-of-school competitive sports, primary emphasis should be placed on the physical and mental health of the pupil, including the development of his character, rather than on his performance or on the interest of the sports club.

With a view to avoiding the possible detrimental effects of over-training it is desirable that the headmaster be informed of students' participation in out-of-school competitive sports.

II. Participation in competitive sport and medical examinations

1. (a) *Younger age groups*

Too intensive strenuous training should be avoided for younger age groups until their bones are fully grown, e.g. 18-20 years.

Competitive sports which cause overloading of the respiratory, cardiovascular and neuro-muscular systems should be excluded, in the case of girls, before the ages of 11-13 and, in the case of boys, before the ages of 12-14.

(b) *Older age groups*

Stress should be laid on the value of physical activity rather than on competitive sport. At older ages strenuous competitive sport should be avoided, especially if there has been no great physical activity in the preceding years.

2. The load of the training programme and of the competition should be adapted to the age of the very young and older sportsman.

3. Whenever possible, it would be advisable to have for the very young age groups specially educated teachers for sports in school and specially educated trainers and coaches for competitive sport out of school.

4. There should be adequate medical instruction in the training courses for coaches and trainers.

5. Every boy or girl who takes part in competitive sport may have a medical examination as frequently as parents, doctors, trainers or coaches think it is necessary. The frequency depends also on the kind of sport and the intensity of the competition or training programme.

6. Where a school child is engaged in competitive sports there should be a special medical card introduced for him and kept as long as he continues with competitive sports activities.

7. Facilities need to be provided whereby medical examinations can be arranged for persons engaged in strenuous competitive sports activities.

III. Biological and psychological assessment of aptitude for different sports

1. It is desirable that government support is given to establish laboratory and sport medical units which are necessary in order to carry out the modern functional tests related to sport.

2. These units should be supplied with adequate equipment and trained personnel.

3. Research related to the application of biological and psychological tests for sport purposes should be encouraged.

IV. Training of experts in sports medicine and establishment of sports medicine centres

1. Encouragement of physical and sports activities should be the task of every government. Planning of the execution of this task demands expert medical say in these matters.

2. There is a need for physicians with special training in sports medicine and the qualifications of the experts in this field, both full-time and part-time, should be specified and their training established, with courses leading to a recognised diploma.

3. Consideration should be given to the possibility of establishing a national sports centre for research, training and reference in countries where they do not exist.

Co-operation between national centres should be encouraged.

V. Health and hygiene problems affecting sports activities

1. Anti-doping measures envisaged by Resolution (67) 12 should not only be enforced, but should also be reinforced through health education.
2. Sport activities call for a discipline of life which provides an excellent opportunity for health education. Such education should be directed not only at all people active in sport, but also at instructors, trainers, sport organisers and parents and should include personal hygiene and its behavioural components.
3. The authorities should provide sufficient sports grounds and installations for the needs of the people, readily available to all at low prices.

The health control of such establishments should be placed under the competent health authorities.

4. An exchange of doctors and other personnel between countries should be encouraged in order to increase their knowledge in sports medicine. Medical fellowships in this field should be made available by governments and the various international organisations concerned, as is already the case within the framework of the Medical Fellowships Programme in the Council of Europe.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RESOLUTION (72) 30

ON HYGIENE OF SPORTS INSTALLATIONS

*(Adopted by the Committee of Ministers on 19 September 1972
at the 213th meeting of the Ministers' Deputies)*

The Committee of Ministers,

Considering that the aim of the Council of Europe is to achieve a greater unity between its Members by means, inter alia, of common action in the field of public health;

Considering that the World Health Organisation defines health as a state of complete physical, mental and social well-being and aims at the attainment by all people of the highest possible level of health;

Considering that sports activities are beneficial not only for the development of personality and for the attainment of good health as defined above but also for the improvement of physical qualities and for personal fulfilment;

Considering also that benefits from such activities are more effectively derived by the provision of well-designed and easily maintained sports installations (indoor and outdoor installations and swimming pools), and sports activities carried out under unfavourable conditions may cause harm and injury,

A. Recommends governments of member States to implement as fully as possible the principles concerning the hygiene of sports installations given in Appendix A to the present resolution and to take into account the possible sources of dangers listed in Appendix B;

B. Invites the governments of member States to inform the Secretary General of the Council of Europe every five years of the action taken by them in respect of the present resolution.

APPENDIX A

Hygiene of sports installations

A. General requirements

1. Construction plans should be drawn up in agreement with designers, engineers, architects, doctors and sports authorities (medical and local).

Construction plans should be based on present and future needs in various sports activities including the long-term operational requirements of the installation, taking into account population and socio-economic trends.

- Location

Gymnasias, sports fields and swimming pools should be easily accessible for users of all ages, irrespective of their state of health, e.g. the disabled or the elderly, and available for all seasons and be situated in areas conducive to health improvement.

- Building material and design

Material should be harmless to the users, sound, easy to clean, non-inflammable and durable.

Minimum requirements of artistic design should be met to increase the well-being of the users, spectators and staff members.

- Equipment, furniture and furnishings

Equipment should not be dangerous, and be easy to maintain and kept in a constant state of good repair. Furniture and furnishings should be capable of withstanding hard wear and tear.

Special fittings for different sports, such as fire alarm bells, life-saving equipment etc., should be carefully considered and be easily accessible and of maximum efficiency.

2. Sanitation and heating

(i) The health authorities responsible for the area should ensure that a plentiful supply of water is available for both drinking and washing purposes. Drinking water should be readily available in sufficient quantity cooler than the surrounding temperature and easily accessible.

(ii) Proper drainage systems should be laid down to secure proper sewage disposal.

(iii) Heating of water should be effectively and safely installed for washing purposes. Heating of the building and rooms should be kept under constant supervision.

3. Maintenance, repair and cleanliness

The health authorities and other bodies concerned should ensure that all building materials, equipment and apparatus are easily disinfected, cleaned and maintained in perfect working conditions.

There should be no overcrowding in any part of the building. Storage and changing rooms should be kept properly aired and used according to the purposes for which they were initially intended. Any change in their use should not cause any interference with other sections of the installation.

4. Medical facilities

Every sports gymnasium, sports field and swimming pool should have appropriate medical facilities for emergencies.

5. Personnel

Responsibilities should be clearly defined. Administrative, technical and auxiliary staff should be well trained to carry out their duties efficiently. All personnel engaged in training and instruction in sports activities should have the necessary physique, intelligence and psychological knowledge to deal with people undertaking sports activities.

6. Fire fighting

Fire fighting equipment should be provided and placed in easily accessible positions.

7. Health control

Health authorities should exercise the necessary health control of all three types of sports installations, e.g. indoor installations, outdoor installations and swimming pools.

B. Special requirements

In addition to the general requirements stated above, the following principles should be taken into account with particular reference to all three types of sports installations.

I. INDOOR INSTALLATIONS

These should aim at promoting the health and well-being of all groups and individuals wishing to undertake sporting activities.

1. Location, design, material and use

The needs of special groups, such as the very young, adolescents, the elderly people and the disabled and those who are exposed to the dangers of harmful effects of environment (i.e. industry) and the needs of the highly trained athletes should be given due consideration in selecting the site and building indoor installations by adapting these as far as possible to one or to several of the groups.

Long-term requirements concerning use (wear and tear), upkeep and maintenance should be given due consideration in building indoor installations, taking into account future needs of various groups and individuals.

(i) Floors

Construction of floors should be undertaken according to expert knowledge. In regard to floor construction and floor covering, special attention should be given to various types of floors which should be designed to meet the needs of the different age groups for the various types of sports activities that they practice. The floor should not be too cold or with too hard a surface, too wet or too damp. It should be easy to clean, quickly repairable and usable for bare feet.

Certain types of synthetic material should be avoided, especially those which do not provide sufficient protection, in particular to children of all ages, against friction, rebounds, slipping (bums and injuries). The use of proper footwear should also be stressed and controlled.

(ii) Selective use of facilities

Provision should be made for multipurpose halls to meet the needs of special groups of activities, taking into account all possible risk factors.

2. Safety

Each country's safety regulations should be strictly applied in respect of all sports activities.

3. First-aid, life-saving, medical care

(i) There should be first-aid boxes located in strategic places in indoor installations. These should be checked and refilled periodically. The keys for them should be kept by the supervisory staff on duty (including teachers).

Every indoor sports hall should be provided with at least one first-aid room, easily reached from activity areas. The way to the first-aid room should be clearly marked and not obstructed. In the first-aid room, there should be a telephone with the list of doctors and special hospitals and ambulance services for immediate use.

(ii) In major sports events there should be a physician in attendance. Furthermore, a physician should be appointed to supervise and inspect periodically the hygienic and safety measures and there should always be a doctor on call in case of accidents.

(iii) Rooms for medical examinations and other medical purposes should be provided.

(iv) Rest rooms for athletes should also be provided.

(v) Each sports supervisor and attendants in indoor installations should be instructed in basic first-aid.

(vi) Emergency exits in sufficient number and capacity should be clearly indicated and kept in workable condition.

4. Changing, cleaning, shelter

(i) An adequate number of changing rooms should be provided.

(ii) The direction of participants' and spectators' flow (from the entrance to changing and cleaning places to sports halls or vice versa) should be clearly indicated and separated from each other.

5. Air supply, heating, air conditioning and lighting

Maximum use should be made of daylight. Air supply, heating, air conditioning and lighting for the different sports installations should be installed in accordance with the specifications existing in the different countries and be compatible with the cubic capacity of the hall, with the number of participants and/or with the number of spectators. Air conditioning should satisfy minimal requirements.

Smoking should be prohibited.

6. Noise control

Acoustic requirements and effects of different sporting activities should be taken into consideration in planning and construction of sports installations and in timing the different sporting events.

7. Rest rooms, recreation and refreshments

(i) These should be provided sufficiently for the general public as well as for participants in sports activities, taking into account group activities in competitive sports events.

(ii) Wherever necessary, there should be suitable rooms for special purposes, such as physiotherapy, sauna etc.

(iii) Separate rest rooms should be provided for use by staff only.

8. Facilities for disabled persons

For the disabled persons there should be slopes for wheelchairs, handrails, facilities for privacy for changing, cleaning and toilet facilities.

9. Accommodation for staff members

Proper accommodation should be provided for maintenance and supervisory staff.

II. OUTDOOR INSTALLATIONS

1. Location, size and lay-out of the grounds

(i) The site should be selected, taking into account the present and anticipated needs in various sports activities.

(ii) The size of the grounds should meet the required standards for each sport, leaving enough space for safety between players and spectators.

(iii) For the safety of the players and the spectators, space between pitches should be fixed with a minimum distance separating the outside limits of the pitches at the edge of the stadia.

(iv) Seats should be provided for spectators.

2. Arrangements of grounds and material

In comprehensive sports complexes attention should be given to :

- laying down specific rules for use of sports grounds ;
- arranging the equipment with a view to reducing the causes of accidents ;
- providing the athletes with sufficient training and warming up areas ;
- providing proper and adequate training for children of school age by classes in physical training ;
- new methods of treating the soil so that maintenance is improved and muscle and joint damage is prevented ;
- the use of resilient and very thick material on jump-landing areas and in the construction of their borders ;
- providing a reception area for those taking part in sport, including adequate and hygienic cloakrooms and rest rooms (see paragraph 7 under I. Indoor installations).

3. Use and maintenance of the grounds and equipment

(i) Those engaging in sports activities should be informed of the indispensable safety precautions regarding the use of the grounds and equipment ;

(ii) Maintenance of the grounds and equipment should be undertaken periodically, the sockets and fittings being tested and the grounds inspected ;

(iii) All dangerous and defective equipment should be replaced immediately ;

(iv) Education in the hygiene and safety of sports installations should be a part of the programme of the training courses .

4. First-aid, life-saving, medical care

In addition to the provisions laid down under paragraph 3 above regarding indoor installations, the first-aid centre should open on to the grounds and have an emergency exit providing isolation, quick first-aid and urgent removal.

There should be a proper ambulance access point.

It would be desirable that athletes be vaccinated against tetanus.

III. SWIMMING POOLS

1. Planning and layout

(i) Planning should take into account local preferences regarding recreational and performance needs.

(ii) Spectators and participants should be separated.

(iii) Pools should be divided into sections for swimming, diving and for beginners.

(iv) Large competitive pools should have a gymnasium.

(v) Facilities should include :

- quick drying rooms,
- warm rest benches,
- foot and body showers,
- clothes storage.

(vi) Special emphasis should be laid on hygienic measures such as :

- temperature of water and building,
- ventilation,
- methods of cleaning and disinfection.

and technical advice on these matters should be sought from engineering services.

2. Use

(i) Special attention should be given to the methods of cleansing pools prior to their use with particular reference to the prevention of the spreading of skin, eye, ear and other infections.

(ii) Excessive window glazing, which creates problems for those responsible for the safety and welfare of bathers, should be prevented because of its blinding effects.

3. Material

The floor should be of a good gripping material with a quick-drying surface. It should be kept hygienic and safe.

4. First-aid, life-saving, medical care

(i) Adequate first-aid and essential life-saving should be undertaken by trained personnel. Life savers should be present at all times when the pools are in use.

(ii) Adequate life-saving and resuscitation equipment should be readily available and kept in good working order.

(iii) Telephone numbers of the nearest doctor and hospital should be listed in a prominent place in the first-aid room.

(iv) Directional signs should be placed in prominent positions indicating the way to :

- the first-aid room,
- toilets,
- canteen.

5. Special groups of users

Special arrangements should be made for the disabled and should include :

(a) entrance with wheelchairs, to pools, changing rooms, toilets, cleansing areas and to water for drinking and washing purposes;

(b) equipment and aids to pools such as handrails etc.

6. Staff

Lockers and sitting-rooms should be provided for staff.

APPENDIX B

Examples of possible sources of danger with respect to hygiene and safety for athletes and spectators at sports installations

I. Dangers arising from an insufficient preparation of design and building

1. Inadequate briefing of architects and others responsible for the planning and building in modern design and material.
2. Insufficient or lack of medical consultation for the preparation of hygiene and safety devices and measures.
3. Failure to consult expert athletes on the planning of sports installations.
4. Failure to plan adequately for the long-term upkeep, maintenance and repair.

II. Dangers arising out of structural faults

1. Mistakes in the allotment of rooms for activities :
 - (a) location of first-aid room *not* clearly indicated, *not* easily accessible, *not* easily connected with ambulance or parking areas ;
 - (b) lack of provision of space for all age groups and not only for the competitive sportsmen ;
 - (c) lack of sufficient boundary space especially in outdoor installations ;
 - (d) insufficient segregation of activities and spectator areas ;
 - (e) lack of rest and recreational facilities.
2. Lack of emergency exits.
3. Disturbances and interference due to noise.
4. Disturbances due to overglazing of windows, insufficient or other illumination (stairs) or blinding effect.

III. Missing or faulty technical installation and equipment

1. Slippery floors.
2. Use of floor materials unsuited for the sports activity or age group.
3. Hanging wires.
4. Insufficient air supply, air turnover, over-heating or insufficient heating, draughts.
5. Fatal accidents due to failure or absence of life-saving equipment (or adequately trained personnel).
6. Insecure or wrongly-placed barriers.

7. Lack of special provisions for the disabled :
 - (a) proper entrances and doors ;
 - (b) lifts and slopes ;
 - (c) proper handrails ;
 - (d) special provisions in toilets, changing and washing facilities.
8. Insecure temporary stands for spectators.
9. Risk of falling from heights due to insufficient guards.
10. Accidents caused by falling objects.

IV. Danger caused through lack of sanitary facilities

1. Failure to secure sufficient and appropriate sanitary equipment, including toilets, washbasins and showers. (Lack of towels (one-way towels or warm air electrical equipment) for hand-drying and lack of toilet paper.)
2. Bad odours due to insufficient cleaning, (e.g. inaccessible corners or insufficiently ventilated lockers and locker rooms).
3. Infections caused by coli or other bacterial or virus sources due to insufficient or faulty changing of water in swimming pools.

V. Special danger points in swimming pools (not covered elsewhere)

1. No segregation of swimming and diving pools.
2. Lack of adequate pre-cleansing methods (e.g. to prevent infections).
3. Insufficient attention to the daily control of the acceptable chlorine content of the water.
4. Lack of playpens for small children who are likely to wander about.
5. Lack of life-saving equipment being placed in appropriate places where immediate use can be made of it at any time.

VI. Dangers arising from insufficient control and maintenance

1. Lack of maintenance staff.
2. Accidents due to deteriorated grounds (especially in outdoor installations).
3. Burns due to acid cleansing materials.
4. Slipping on wet or slippery floors, due to faulty or indiscriminate use of polish or cleansing methods (detergents).
5. Injuries from wood (splinters) or broken glass (old bottles).
6. Danger of infection due to insufficient dirt or water removal.
7. Inadequate first-aid due to lack of knowledge by teachers, coaches, supervisory and maintenance staff.

8. Inadequate first-aid due to insufficiently equipped first-aid box or first-aid rooms.
9. Using rooms for purposes for which they are not intended, e.g. first-aid room for storage etc.
10. Lack of sufficient ground control (control of spectators).

VII. Danger due to recklessness or negligence on the part of athletes

1. Insufficient knowledge or disregard of rules and safety regulations of the specific kind of sport.
2. General negligence in hygiene and disregard of physiological or mechanical laws.
3. Accidents due to the ignorance or disregard of existing diseases or weaknesses.
4. Spread of infection caused by unknown or a disregard of existing infectious conditions.
5. Accidents due to fatigue or exhaustion.
6. Accidents due to overstrain, over-training and psychological stress.
7. Handling unknown or dangerous equipment.
8. Increased personal danger due to activating existing predispositions (e.g. rheumatism, allergies).
9. Ignorance or disregard on the part of trainers and coaches of the minimum requirements of hygiene and safety.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RESOLUTION (73) 27

ON THE ESTABLISHMENT OF SPORTS MEDICINE CENTRES

*(Adopted by the Committee of Ministers on 26 October 1973
at the 225th meeting of the Ministers' Deputies)*

The Committee of Ministers,

Considering that the aim of the Council of Europe is to achieve a greater unity between its Members and that this aim may be pursued, inter alia, by the adoption of common regulations in the social field and particularly in the public health field;

Noting that the World Health Organisation defines health as a state of complete physical, mental and social well-being and aims at the attainment by all people of the highest possible level of health;

Considering that sports activities are beneficial not only for the development of personality but also for the attainment of good health as defined above, the improvement of physical qualities, greater personal fulfilment, a better and more wholesome use of leisure and the improvement of the quality of life;

Considering also that sports and physical activities must not be the exclusive preserve of certain age groups and special categories of persons such as selected athletes, and that they should be available not only as physical education as part of every school curriculum but also, and particularly, to the general public in the framework of the "Sport for All" concept;

Considering also that, if they are to be fully beneficial, these activities require medical supervision and well-equipped sports installations, since sporting activities carried out in poor conditions may have harmful consequences;

Recognising the need to provide medical supervision for individuals and the general public, in order to ensure maximum benefit for the health of all persons engaging or wishing to engage in competitive or recreational sports,

- I. Recommends that the governments of member States :
 - A. encourage the practice, teaching and research in the field of sports medicine;
 - B. encourage or propose measures in the fields of physical, health and safety education to advertise sports and other suitable physical activities for their beneficial effects on health, and in educational measures take account of the advisability of undergoing a medical examination before engaging in such activities, especially in the case of "Sport for All" movements and veteran athletes who wish to resume competitive sport after a period of inactivity;
 - C. encourage the inclusion in the curricula of physical education and sports training centres of instruction in sports medicine, especially in regard to developmental and exercise physiology and first-aid treatment for sports injuries;
 - D. encourage the establishment of sports medicine centres where the need exists and the resources are available according to the individual conditions in member States, taking into account the definitions given in Appendix A and the principles set out in Appendices B and C;
 - E. make use, in establishing such centres, of the existing means for the exchange of personnel and information between the member States of the Council of Europe;
- II. Invites the governments of member States to inform the Secretary General of the Council of Europe every five years of the action taken by them in respect of this resolution.

APPENDIX A

DEFINITIONS

The definitions below were drawn up for the purposes of this resolution.

1. **Sports medicine**

Application of the art and science of medicine from a preventive and therapeutic point of view to the practice of sports and physical activities in order to utilise the opportunities afforded by sport for maintaining or improving health and to avoid possible dangers.

2. **Sports medicine centre**

A unit (not necessarily geographical but rather functional) to provide medical supervision in all branches of sport.

3. **Aims and objectives of sports medicine centres**

The best possible health of all persons taking part in sports or physical activities, making the best possible use of sport and promoting the adoption of healthy attitudes which afford effective prevention of the diseases of modern civilisation.

APPENDIX B

FUNCTIONS OF SPORTS MEDICINE CENTRES

Sports medicine centres should be staffed and equipped in order to discharge :

1. **Preventive medical functions :**

(a) in assessing the state of health of the individual in order to establish his capacity and be directed to suitable activities (sports for the more gifted, courses of appropriate instruction or treatment for the others);

(b) in medical supervision and training of people engaged in sports or other physical activities, particularly children and those taking part in high-level competitive sport, to enable them to attain the desired performance without endangering their health;

(c) in medical use of physical activities to gain, conserve and improve health at the level of "Sport for All" and to guard against possible hazards;

(d) in participating in the planning and control of hygiene and safety precautions for all types of sports installations, these functions being performed in conjunction with other experts and responsible authorities.

2. **Therapeutic functions :**

(a) by employing techniques in the field of traumatology and internal and physical medicine for the treatment and functional rehabilitation of athletes to enable them to resume training as soon as appropriate;

(b) by contributing to the adjustment and rehabilitation of the physically and mentally handicapped.

3. **Instruction and health education functions :**

(a) through the training of sports doctors;

(b) through the information of doctors in general;

(c) through contributions to the training and information of sports instructors and coaches;

(d) through the health education of the public by :

(i) lectures arranged for particular age groups or categories of persons explaining how to derive full benefit from the exercise of a sport and how to avoid the risks of specific kinds of sports;

(ii) advice and guidance to teachers, coaches etc. in matters of health education pertaining to the various kinds of sports and related problems such as nutrition, medication, use of leisure time etc;

(iii) close collaboration with bodies responsible for health education to advertise sport as a means of acquiring, conserving and improving physical and mental health and improving the quality of life in general.

4. **Basic and applied sports medicine research**

- particularly directed to studying the effects of sports and other physical activities on the health and well-being of different age and population groups and to studying the most suitable means of practising and supervising sports and physical activities in order to obtain the best results. Special emphasis should be laid on the standardisation of tests and measurements, and on the collection and processing of data at national and international level.

APPENDIX C

ORGANISATION AND EQUIPMENT OF SPORTS MEDICINE CENTRES

In regard to this resolution and those adopted previously, Resolution (70) 7 on the medical aspects of sport, and Resolution (72) 30 on hygiene of sports installations, sports medicine services should be made available to individuals and associations by the medical profession, the public health and school health services, and by sports medicine centres.

There should be at least one (national) sports medicine centre in every member State.

In organising national and/or regional sports medicine centres, consideration should be given to attaching new institutions to colleges and universities where there will be access to laboratories, specialists and hospital facilities.

Likewise, in using and regrouping existing resources, functional units working as sports medicine centres could be envisaged.

A. National sports medicine centres

A.I. The functions of national sports medicine centres could be seen as :

- the provision of medical services in the broadest sense for the purposes of sport;
- teaching;
- research.

A.II. Suggested requirements for a national sports medicine centre

1. *Accommodation* : waiting rooms, reception, secretariat with the necessary equipment and facilities, changing rooms and examination rooms.

These premises should be designed in such a way that several doctors can work together easily as a team.

2. Medical services

The premises should be designed for rational operation to provide for :

- (a) diagnosis and assessment of aptitude for physical performance;
- (b) treatment of disorders and injuries caused by sports;
- (c) rehabilitation.

(a) Diagnosis

(i) *Heart, lung, circulatory and pulmonary functions laboratory* : spirometer with small testing station for continuous recording of pulse, blood pressure and electrocardiograph readings under strain. Single, triple and sextuple direct tracers should be available to record these figures, so that further heart and circulation factors, such as heartbeat, arterial pulse etc., may be recorded simultaneously. Telemetric equipment, especially for training control.

(ii) *Radiographic and radioscopy laboratory* : suitable equipment for general and special X-ray examinations, for example determination of heart volume, teleradiography, large X-ray kymograph, for example, for observation of circulation. Radiographic and radioscopy equipment for at least minor casualties, for example, portable X-ray apparatus with universal

stand, mainly for first-aid purposes.

(iii) *Clinical and biochemical laboratory* : equipped to conduct not only routine urine and blood tests but also modern enzyme testing, also including electrophoresis and gas chromatography apparatus (doping tests).

(iv) *Anthropometric, dynamometric, audiometric and optometric equipment*

(b) **Treatment**

- Equipment and facilities for first-aid and traumatological treatment of sports injuries, to be provided in a special department.
- Mobile and portable emergency instrumentation and apparatus.
- Transportation facilities.
- Equipment for the treatment of various other minor disorders.
- Equipment and facilities for physio-, kinesi-, electro- and hydrotherapy.

(c) **Rehabilitation**

Equipment such as :

- bicycle ergometer for exercise therapy;
- rowing apparatus with sliding seat;
- wall pulleys adjustable for height and tension;
- several sets of mobile exercise apparatus with variable pushing and pulling tension;
- special sport gyroscope, special rollers for foot exercises, and miscellaneous apparatus for gymnastics and play therapy such as hoops, balls, staffs, rings etc.

3. **Teaching**

Proper training facilities with modern equipment and teaching aids, including well-equipped classrooms and lecture rooms :

- suitable wallcharts, skeletons, anatomical models;
- slides and educational films;
- dressings;
- dummies, automatic recording etc., for demonstrating and practising various types of medical procedures, cardiac massage and artificial respiration.

Instruction should be directed primarily to the training of sports doctors, medical students, paramedical personnel, coaches and physical training and sports teachers. A national sports medicine centre could play a key part in the biomedical side of physical education and further training courses. This could be coupled with sports medicine training for medical students during their studies (lectures or practical work on sports medicine and the physiology of sporting performance), refresher training for sports doctors, as well as appropriate lectures on the training of coaches.

4. **Research**

(a) *Equipment* should be geared to the specific branch of research (for instance, research in biomechanics calls for special apparatus for measuring forces, pressures, acceleration and velocity, partly with telemetric and cinematographic equipment).

(b) *Documentation, information and statistics for sports medicine.* Documentation section with sports literature, magazine collections, collections of offprints and possibly a file on sports facilities; access to electronic data processing devices.

(c) *Translation service*

(d) *Sports medicine library*

(e) *Technical services with the following equipment :*

- universal reproduction equipment in conjunction with a miniature (35 mm) camera;
- microfilming equipment;
- microfilm reader, equipped with projection facilities for a large group of readers, and for the reproduction of readable large-size prints;
- universal enlarger;
- photocopying equipment;
- paper and film cutting devices;
- equipment for binding notebooks, periodicals and books.

(f) *Workshop*

B. Other sports medicine centres

Other sports medicine centres may be established on the basis of regional or local demands as regional and/or local sports medicine centres.

B.1. The functions of those centres may be seen on three operational levels :

1. the original function of preventive sports medicine (i.e. to establish that the practice of competitive sports is not contra-indicated) and medical supervision of training;
2. therapeutic and emergency measures;
3. health education functions.

All these functions (1 to 3) are listed in Appendix B.

At all events, minimum equipment should always be provided for the purpose of medical aptitude tests.

It should be stressed that the value of check-ups for those who undergo them lies in the information and safeguards they thereby acquire, including a better knowledge of themselves. The relationship between physical condition and training is of direct concern to the athlete, and opens up a dialogue with the athlete and trainer which goes beyond the preventive stage into the realm of health education.

If local and regional sports medicine centres are established, the local centres should concentrate their efforts mainly on :

- (a) preventive medicine in all its aspects (covered under 1 (a) and (b) in Appendix B);
- (b) diagnosis of the commonest disorders;
- (c) possibility of consulting specialists and laboratories;
- (d) co-operation of sports physicians, physicians in general practice, coaches, physical education instructors and teachers, for the mutual exchange of information on basic health education.

The regional centres should concern themselves in addition with :

- (a) basic therapy and rehabilitation methods;
- (b) training and information for doctors, teachers, trainers, coaches and the general public;
- (c) (where possible) research activities.

Regional sports medicine centres might either :

- comprise all the services and specialised equipment needed, or
- be more rudimentary in structure but have links with laboratories or specialised hospital departments, so that all types of sports medicine, preventive sports medicine, training supervision and treatment could be carried out in these centres.

B.II. Suggested requirements for sports medicine centres other than national centres

In addition to the usual offices, waiting room, changing room, WC and examination room, there should be a first-aid and resuscitation room.

In premises for routine sports medicine and special check-ups, an X-ray room is indispensable, and a small laboratory an asset.

1. *Equipment for diagnosis and assessment of aptitude for physical exertion :*

- (a) equipment for routine biological checks ;
- (b) radiographic and radiosopic apparatus ;
- (c) electrocardiograph (whether or not transistorised) single, triple or sextuple tracing and phonocardiography ;
- (d) telemeter ;
- (e) spirometer suited to the size and requirements of the institute and, if possible, equipment for blood gas analysis ;
- (f) clinical laboratory for urine and blood tests and, if possible, also for enzyme analysis ;
- (g) audiometric and optometric equipment.

2. *Treatment facilities and equipment*

One or two medium-sized rooms with changing cabins should be enough for treatment purposes :

- (a) equipment for first-aid and resuscitation ;
- (b) sets of instruments for traumatology ;
- (c) portable sets of surgical instruments ;
- (d) well-equipped first-aid outfits for emergencies.

Provision should also be made for extremely rapid transport facilities.

Likewise, there should be a library with a selection of reference works appropriate to the requirements and special purposes of the centre.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RESOLUTION (1976) 41

ON THE PRINCIPLES FOR A POLICY OF SPORT FOR ALL

*(Adopted by the Committee of Ministers on 24 September 1976
at the 260th meeting of the Ministers' Deputies)*

The Committee of Ministers

1. Recognising that the aim of the Council of Europe is the achievement of greater unity between its Members for the purpose of safeguarding and realising the ideals and principles which are their common heritage and of facilitating their economic and social progress, in particular by pursuing common objectives designed to protect and promote European culture ;
2. Recalling Recommendation 588 (1970) of the Consultative Assembly on the development of sport for all and the creation of co-ordinating structures, and Recommendation 682 (1972) on a European Sport for All Charter ;
3. Aware of the diverse contributions which sport can make to personal and social development through creative activities and recreational pursuits and of man's need for physical exercise for both his physical and his mental well-being ;
4. Acknowledging the universal appeal of sport and its particular value in a rapidly changing world which is characterised on the one hand by increasing leisure and on the other by urbanisation and technological development that tend to isolate man from his natural environment ;
5. Emphasising that the concept of sport for all, first formulated by the Council of Europe in 1966 to promote cultural development, relates to policies which seek to extend the benefits of sport to as many people as possible ;
6. Stressing the comprehensive nature of this concept which embraces sport in many different forms, from recreational physical activity to high level competition ;
7. Realising that sport for all raises problems which cannot be satisfactorily solved within a purely national framework ;
8. Maintaining in this context that the formulation of common principles would enable national policies to be progressively harmonised ;
9. Welcoming the work already done by the Council for Cultural Co-operation and various other international bodies in establishing common principles ;
10. Recalling the Conference of European Ministers responsible for Sport held in Brussels (1975) ;
11. Considering that a text defining these principles, as retained by that Conference of European Ministers responsible for Sport under the title of the "European Sport for All Charter", might provide a common basis for the actions of governments and other authorities concerned,

Recommends to member governments :

- a. to base their national policies as far as possible on the principles contained in the "European Sport for All Charter" appended to this resolution ;
- b. to distribute the "Charter" as widely as possible among interested persons and bodies within their territory.

Appendix to Resolution (76) 41

PRINCIPLES FOR A POLICY OF SPORT FOR ALL

(Defined by the Conference of European Ministers responsible
for Sport in Brussels (1975) under the title
"European Sport for All Charter")

Article I

Every individual shall have the right to participate in sport.

Article II

Sport shall be encouraged as an important factor in human development and appropriate support shall be made available out of public funds.

Article III

Sport, being an aspect of socio-cultural development, shall be related at local, regional and national levels to other areas of policy-making and planning such as education, health, social service, town and country planning, conservation, the arts and leisure services.

Article IV

Each government shall foster permanent and effective co-operation between public authorities and voluntary organisations and shall encourage the establishment of national machinery for the development and co-ordination of sport for all.

Article V

Methods shall be sought to safeguard sport and sportsmen from exploitation for political, commercial or financial gain, and from practices that are abusive and debasing, including the unfair use of drugs.

Article VI

Since the scale of participation in sport is dependent, among other things, on the extent, the variety and the accessibility of facilities, the overall planning of facilities shall be accepted as a matter for public authorities, shall take account of local, regional and national requirements, and shall incorporate measures designed to ensure full use of both new and existing facilities.

Article VII

Measures, including legislation where appropriate, shall be introduced to ensure access to open country and water for the purpose of recreation.

Article VIII

In any programme of sports development, the need for qualified personnel at all levels of administrative and technical management, leadership and coaching shall be recognised.

COUNCIL OF EUROPE COMMITTEE OF MINISTERS

RESOLUTION (78) 75

ON THE SETTING UP OF THE COUNCIL OF EUROPE SPORTS FUND

*(Adopted by the Committee of Ministers on 15 December 1978
at the 297th meeting of the Ministers' Deputies)*

The Committee of Ministers,

Having regard to Resolution (76) 3 on committee structures, terms of reference and working methods ;

Having regard to the specific terms of reference of the Steering Committee for the Development of Sport ;

Considering that a Council of Europe Sports Fund should be set up,

Resolves :

1. to set up a Council of Europe Sports Fund for an indefinite period as from 1 January 1978 ;
2. to adopt the Statute of this Fund which is appended to the present resolution and which constitutes a delegation of powers as defined in the said Statute.

Appendix to Resolution (78) 75

STATUTE OF THE SPORTS FUND

Article I

Setting up of the Fund

1. There is hereby established a Council of Europe Sports Fund (hereinafter referred to as the Sports Fund).
2. The Sports Fund shall be a distinct administrative entity within the Council of Europe and shall be governed by the provisions of this Statute.

Article II

Purpose

1. The purpose of the Sports Fund is to promote and finance activities in the sports sector in accordance with the Statute of the Council of Europe.
2. This purpose shall be pursued within the framework of a programme of multilateral co-operation in sport drawn up under the terms of the European Cultural Convention signed in Paris on 19 December 1954 and of the Medium-Term Plans instituted by Resolution (74) 33 of the Committee of Ministers.

3. To this end the Fund may *inter alia* :

- a. support and facilitate the establishment of European institutions working in the sports sector ;
- b. support individual or collective activities of European interest in the same sector in so far as such activities extend beyond the national framework ;
- c. introduce, when financial resources permit, a policy of mutual aid in the sports sector on behalf of any member countries which desire it.

Article III

Co-operation with other Foundations

The Secretary General of the Council of Europe may, by decision of the Committee of Ministers or on the proposal of the Committee for the Development of Sport and, in that case, with the approval of the Committee of Ministers, enter into arrangements with Funds or Foundations concerned with European sports activities with a view to ensuring the co-ordination of their tasks.

Article IV

Resources

1. The resources of the Sports Fund shall be as follows :

a. i. a minimum annual contribution by members of the Council of Europe whose amount shall be fixed by the Committee of Ministers and shared between them according to the scale for contributions to the ordinary budget of the Council of Europe. This contribution shall take the form of a grant entered in the Council's budget ;

ii. a minimum contribution by states not members of the Council of Europe acceding to the European Cultural Convention fixed, *mutatis mutandis*, according to the scale for contributions to the ordinary budget of the Council of Europe ;

b. voluntary contributions from members of the Council of Europe or non-member states acceding to the European Cultural Convention ;

c. any other contribution, donation or legacy subject to the provisions of Article V, paragraph 5, of this Statute.

2. Members of the Council of Europe and non-member states acceding to the European Cultural Convention shall, in so far as their laws permit, accord to the subsidies granted by the Sports Fund and to any donations or legacies that it may receive, the fiscal privileges and exemptions which apply in their respective countries to sports, charitable or other activities of a non-profit-making character.

Article V

Administration

1. The Sports Fund shall be administered by the Committee for the Development of Sport, constituted and exercising its functions in accordance with the terms of reference given it by the Committee of Ministers.

2. The Secretary General of the Council of Europe shall take part as of right in meetings of the Committee for the Development of Sport on which he shall sit in an advisory capacity as administrator of the Fund. He may appoint a representative. He shall carry out the decisions taken in regard to the Fund's management within the limit of the administrative resources made available by the Committee of Ministers and in accordance with the regulations of the Organisation.

3. The Committee for the Development of Sport, taking into account Article II, paragraph 3, of this Statute, shall adopt an annual programme which shall be financed by the Sports Fund. It shall allocate the corresponding resources as prescribed in Article VI, paragraph 3, of this Statute.

4. The Committee for the Development of Sport shall be responsible for the execution of the programme financed by the Fund.

5. The Committee for the Development of Sport may accept any contribution, donation or legacy, such as referred to in Article IV, paragraph 1.c, of this Statute, up to the amount of 50 000 F. Contributions, donations or legacies of greater amounts may be accepted only subject to the approval of the Committee of Ministers.

6. The functions exercised by the members of the Committee for the Development of Sport shall not be remunerated. Members shall receive travelling and subsistence allowances at the rates in force for Council of Europe committees of experts. These shall be charged to the Council of Europe budget.

7. Any member of the Council of Europe or the Secretary General may refer to the Committee of Ministers a decision of the Committee for the Development of Sport considered to be incompatible with the aims of the Council of Europe as defined in Chapter I of its Statute. In such cases, the decision shall be suspended until the Committee of Ministers has reached a decision thereon.

Article VI

Finance

1. The assets and properties of the Sports Fund shall be acquired and owned in the name of the Council of Europe and shall accordingly enjoy the privileges and immunities conferred upon the assets of the Council by agreements in force.

2. The assets of the Sports Fund may not be merged in the other assets of the Council of Europe. The Secretary General shall be responsible for keeping the special accounts of the Fund, which shall be maintained in accordance with the Financial Regulations adopted by the Committee for the Development of Sport.

3. a. The programme to be financed by the Sports Fund shall be accompanied by estimates of the expenditure which it will entail. If certain items of expenditure are to be spread over several years, the estimates shall mention the relevant expenditure for each year.

b. In no case may the estimated expenditure in any given year exceed the total income anticipated for that year ; to this end, there shall be annexed to the estimates a detailed statement of existing assets and resources anticipated in the course of that year ; an indication shall also be given as to how expenditure envisaged for subsequent years shall be covered.

c. No commitment of any kind may be undertaken on behalf of the Sports Fund in excess of the sums inserted in the estimates of expenditure for the current year. If necessary, the Secretary General may nevertheless increase the estimates for specific activities by not more than 10% within a given year, provided that such increases are fully compensated by the reduction of expenditure for other activities. All such adjustments shall be submitted to the Committee for the Development of Sport for ratification.

4. a. The Fund's accounts shall be checked annually by the Council of Europe Auditors, who shall draw up their report and certify the accounts no later than six months after the financial year to which the accounts refer. So that the Secretary General may comment on the Board's report if he so desires, the Board shall supply him with a copy.

b. The accounts and Auditors' report shall be transmitted by the Secretary General to the Committee for the Development of Sport. After approving the accounts, the Committee for the Development of Sport shall transmit them, together with the report and any comments it may wish to make, to the Committee of Ministers.

c. After examining the Auditors' report and any observations which the Secretary General and the Committee for the Development of Sport may have made thereon, the Committee of Ministers may discharge the Secretary General of responsibility for the financial year concerned.

5. The working expenses of the Sports Fund shall be borne by the Council of Europe budget. Nevertheless, the question of total or partial reimbursement of these expenses by the Fund to the budget of the Council of Europe may be reviewed by the Committee of Ministers from time to time in the light of the Fund's resources.

Article VII

Revision of the Statute

The Committee of Ministers of the Council of Europe may at any time revise the present Statute of the Sports Fund, either at the request of or in consultation with the Committee for the Development of Sport.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (79) 8

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES CONCERNING DOPING IN SPORT

*(Adopted by the Committee of Ministers on 20 April 1979
at the 303rd meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Affirming that its Resolution (67) 12 on "Doping of athletes" remains a valid condemnation of the harm caused by the use of doping agents to the ethical and moral values of sport and to human dignity ;

Recalling its Resolution (76) 41 on the "Principles for a policy of sport for all" (the "European Sport for All Charter") and in particular Article V, which states that "methods should be sought to safeguard sport and sportsmen from exploitation for political, commercial or financial gain and from practices that are abusive and debasing, including the unfair use of drugs" ;

Considering that many of the problems raised by the taking of illicit substances for the purpose of artificially improving sporting performances are still unresolved, and that in some respects this evil practice has become more widespread since the adoption of Resolution (67) 12 ;

Bearing in mind the resolution on doping and health adopted at the 2nd Conference of European Ministers responsible for Sport at London in 1978, and that some member states have enacted national legislation forbidding the use of doping agents in sport ;

Considering that the member states of the Council of Europe should take a lead in combating the problems of doping in sport, and that governments and the voluntary bodies of sport should work together to this end,

Recommends the governments of member states :

1. to give all the support in their power to the governing bodies of sport, athletes and all those associated with sport in their efforts to eradicate doping (as defined in Resolution (67) 12) in sport and to encourage them to take the steps necessary for the simplification and harmonisation of the various anti-doping regulations adopted by the sports federations ;
2. to develop, in co-ordination with the governing bodies of sport, an educational campaign pointing out both to athletes and to coaches, directors and other people involved, the risks involved in using or advocating the use of doping agents, in particular that many such agents present serious long-term dangers to health ; that their use does not always result in an improvement of performance ; and that the way to success is not the use of doping agents but rather the development of each individual's personal qualities of character, physique and mind ;
3. to set up systems for the control of the use of artificial stimulants in sport and to this end :
 - a. to encourage the development and testing, in laboratories, of effective methods for detecting the use of illicit substances in sport, and in particular those substances the use of which

is forbidden either by the international governing bodies of sport or by national legislation in those countries where such legislation exists ;

b. to increase their contribution to European co-operation in research into doping, and in particular into the detection and control of new substances capable of being used for the purpose of doping in sport ;

c. to encourage as a priority the creation of suitable laboratories for the comprehensive testing and control of sportsmen, and in particular :

— to ensure by whatever may be the most appropriate means in each country that sportsmen and federations can make effective and continuous use of such laboratories,

— to encourage international co-operation, both bilaterally and within the Council of Europe, so that those member states without such laboratories may have reasonable access to laboratories in other states and to the experience, skills and techniques necessary for them to set up such laboratories at a later stage,

— to encourage the harmonisation of technical procedures of high standard in these laboratories,

— to take steps to ensure that such laboratories are manned by properly qualified and experienced staff and to make provision for the training of personnel from other member states in the training programmes ;

4. to consider, where this has not already been done, the creation of a national anti-doping committee (which could consist of representatives from the sports federations, national confederations of sport, governmental administrations responsible for sport and for public health) in order to provide the necessary liaison between the parties involved in the efforts to eradicate the problems of doping in sport ;

5. to consider in what ways they might most suitably support those athletes or federations who as a result of taking a stand against the use of illicit substances in sport suffer material consequences ;

6. to report to the Secretary General, by 1 March 1980, on measures taken in implementation of this recommendation.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (80) 1

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES ON SPORT AND TELEVISION¹

*(Adopted by the Committee of Ministers on 24 January 1980
at the 313th meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Recalling its Resolution (76) 41 on the "Principles for a policy for sport for all" ;

Bearing in mind the responsibility of governments to encourage the provision of appropriate opportunities for the practice of sport at all levels of experience and for the benefit of all citizens ;

Convinced that television constitutes an important medium for the attainment of these objectives and welcoming the fact that most television organisations already devote a significant proportion of their broadcasts to programmes dealing with various aspects of sport and recreation ;

Bearing in mind the diverse ways in which sport is organised in the member states and that, in many of them, protection of the independence of sports organisations is guaranteed either by the Constitution or by government policy ;

Underlining the principle prevailing in the member states whereby broadcasting organisations are autonomous and independent of government as regards the content of programmes and their daily management,

Recommends the governments of member states to take the necessary steps in the light of their structures and traditions to encourage the national sport and television organisations to establish, where necessary, by creating suitable arrangements, consultation and co-operation between them in order to :

1. discuss matters of general principle and any other questions affecting both parties, as well as ways and means whereby television could further stimulate the practice of sport ;
2. promote the development of a range of television programmes designed to foster the practice of sport ; investigate and experiment with new kinds of programme (including methods and times of presentation) with that objective ; consider the role of entertainment in the televised broadcasting of sport ; study ways in which both parties might work together in order to help overcome some of the problems connected with sport faced by both television and sports organisations (such as the popularisation of new or minority sports, the treatment of violent episodes associated with sporting events both on and off the field of play, undue commercial intrusion into amateur sport) ; and consider all other appropriate and cognate measures ;

1. When the Recommendation was adopted, the Representatives of Ireland and Switzerland, referring to Article 10.2.c of the Rules of Procedure for the meetings of the Ministers' Deputies, reserved the right of their governments to comply with it or not.

3. stimulate and where possible co-ordinate national research efforts (with particular emphasis on audience surveys) into various aspects of sport and television and, by means of suitable scientific research projects, assess and monitor the initiatives, experiments and projects which it has encouraged and developed ;

Requests the governments of member states to provide the Secretary General of the Council of Europe, by the first day of January 1981, with a report indicating what steps and measures they have taken to follow up this recommendation and illustrating the effects such steps and measures have had.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (81) 8

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES

ON SPORT AND PHYSICAL RECREATION AND NATURE CONSERVATION

IN INLAND WATER AREAS

*(Adopted by the Committee of Ministers on 26 May 1981
at the 334th meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Recalling the European Water Charter of 1968, where it is stated that there is no life without water and that it is a treasure indispensable to all human activity ;

Recalling the Convention on the Conservation of European Wildlife and Natural Habitats signed at Berne in 1979 ;

Recalling its Resolution (76) 41 on the principles for a policy for sport for all (the European Sport for All Charter) in which it is stated that "measures, including legislation where appropriate, shall be introduced to ensure access to open country and water for the purposes of recreation" ;

Recognising the constraints on both nature conservation and sport and physical recreation ;

Considering that it will not always be possible to satisfy the need to conserve nature and to promote sport and recreation at the same place ;

Conscious that, in areas of multiple use, the reconciliation of the several interests will depend at least in part on a better understanding by all those concerned of all the factors involved ;

Hoping that problems may be overcome in a spirit of tolerance and understanding ;

Convinced that the growing requirement of all members of society calls for a careful, waste-free and optimal use of diminishing water resources,

Recommends the governments of member states :

I. That they should use the following measures as guidelines in the management of inland water areas :

A. As far as the reconciliation of the several interests is concerned

1. to conserve inland water areas for the benefit of society as a whole ;
2. to improve communication and co-operation between all the relevant decision-taking authorities in order to find solutions to possible difficulties and to produce more consensus than exists to date ;

3. to consider the preparation of inventories of inland water areas showing their ecological condition, scientific value and physical recreational characteristics and potential ;
4. to consider developing on the basis of any such inventories an overall policy for inland water areas which would include designating prime use areas at national, regional and local levels ;
5. to encourage the development of education and interpretation programmes which would be designed, on the one hand, for trainers and users of sport and physical recreation, and, on the other, for those responsible for the management and conservation of inland water areas, and which would include material relating to each other's problems ;
6. to plan for meeting the requirements of both nature conservation and sport and physical recreation, allowing for their specific constraints and for demands of all sorts on inland water areas, compatible with paragraph A.i above ;

B. As far as the management of inland water areas is concerned

1. to ensure that any management plans and policies, bearing in mind any prime uses, endeavour to satisfy all parties involved as far as possible and ensure that these plans are duly publicised ;
2. to encourage the adoption of the following practical measures (in addition to legislation, bye-laws and regulations) :
 - a. space and/or time zoning according to the activities and to the environment ;
 - b. registration of motor boats, within agreed limits in each country, and licensing of fishermen (in order to obtain statistics for medium to long-term management plans) ;
 - c. ecological reserve management (which will include work by voluntary organisations) ;
 - d. safety education in outdoor recreational activities and the joint preparation of codes of conduct by conservationists and the appropriate sporting and recreational associations for each inland water area ;
 - e. interpretation for the casual visitor, explaining the site's significance and promoting greater environmental awareness, with due attention to sport and recreation interests ;
 - f. designation of prime use areas ;
 - g. provision of adequate public facilities, managed, if possible, with the help of voluntary organisations, catering as far as possible also for the specific requirements of the handicapped ;
 - h. considering partly paying for these facilities with the income derived from charges levied on users for boating and fishing ;
3. to consider where necessary setting up advisory bodies representing all parties which could fulfil a most useful function in harmonising the different interests and preparing the ground for policy and management decisions. They might also make available to the organisations catering for sport, recreation and nature conservation, information assembled in the different member states on some of the issues at stake, including information on the situation regarding access to inland water areas, rivers in particular ;

II. That they should ensure that local and regional authorities, nature conservation bodies and sport and recreation organisations are informed of this recommendation and invited to consider in what way their policies, management plans and programmes need to be revised in order to implement, within their sphere of competence, the proposals in this recommendation ;

III. That they should provide the Secretary General of the Council of Europe with documentation on national initiatives so that he may prepare an annotated European bibliography of relevant research in areas of common interest.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (83) 6

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES ON ENERGY-SAVING MEASURES IN SPORTS FACILITIES

*(Adopted by the Committee of Ministers on 21 June 1983
at the 361st meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Recalling its Resolution (76) 41 on the principles for a policy of sport for all ("The European Sport for All Charter") ;

Bearing in mind that all member states have felt the need to conduct energy-saving programmes ;

Noting that energy consumption in sports facilities represents an appreciable part of the total national energy consumption in the member states ;

Considering that the requirement to reduce energy consumption must not have as a direct or indirect consequence a lessening of opportunities to participate in sport, nor imperil the achievements of "Sport for All" gained over the past fifteen years ;

Convinced that energy-saving measures could contribute to reducing the running costs of each sports facility without having a detrimental effect on participation rates in sport, nor on the comfort of the users of these facilities ;

Considering that the implementation of effective energy-saving measures will help to make it possible to maintain existing staffing levels in sports facilities, to the benefit of the public ;

Bearing in mind the need to share experiences in the member states so that each may better ensure the implementation and application of specific energy-saving measures for sports facilities,

Recommends the governments of member states :

- i. to take the action set forth in Part I.A of this recommendation ;
- ii. bring to the attention of, and encourage the implementation by, local authorities the series of energy-saving measures set forth in Part I.B of this recommendation ;
- iii. bring to the attention of, and encourage the implementation by, managers of sports facilities, sports organisations and participants, and designers and architects of sports facilities the series of energy-saving measures set forth in Parts II.A, II.B and II.C respectively of this recommendation ;
- iv. ensure a wide dissemination amongst all interested parties of this recommendation and take all other steps that may be appropriate for encouraging its implementation ;

- v. provide the Secretary General of the Council of Europe with information on developments and results on energy-saving measures in sports facilities when such information may be considered to be of interest to other member states.

PART I

A. Central government

A.I. Policy aspects

a. Finance

1. Governments should encourage the adoption of a step-by-step approach by those considering capital investment in energy-saving measures :
 - i. implementation first of measures requiring little or no capital expense ;
 - ii. consideration of other measures only after examining their cost effectiveness ;
 - iii. basing proposals on evidence of achievable savings.
2. Governmental consideration should be given to the means (central agencies, committees, etc.) and to the methods (grants, loans, etc.) of financing the installation in sports facilities of cost-effective energy-saving measures as set out in the table at Appendix I to this recommendation. Loans might be repaid at the rate of the anticipated savings to be derived from the installation of such measures.

b. Publicity

Governments should promote a general awareness of energy-saving possibilities in sports facilities directed towards sports participants and sports organisations, local authorities, managers and architects and designers. A travelling exhibition on different kinds of public facilities, designed especially for local authorities, is advised.

The initiation of a national "good energy management award" competition should be considered.

c. Information

Governments should sponsor the creation of a comprehensive and objective source of information on special energy-saving measures and appliances. Independent testing of claims made for certain appliances should be arranged.

d. Research and experience

Governments should encourage future research and development, including by industry, into alternative sources of energy using to the greatest advantage each member state's own natural environment, climate and alternative energy sources. An experimental and testing programme is advised.

Governments should also consider ways in which the experience gained by managers and local authorities in energy-saving measures may be transmitted to designers and architects so that acquired experience is not lost.

A.II. Technical aspects

a. Standardised units of measurement

Governments should encourage the adoption in their countries of the standardised unit of measuring energy consumption in indoor and outdoor swimming pools, halls and gymnasia and ice-skating facilities mentioned in Appendix II to this recommendation (that is kilowatt-hours per square metre of usable activity space per year). Guidelines for the use of this unit are also set out in Appendix II.

On the basis of this standardised unit, governments should encourage the establishing of energy-saving tables permitting comparisons, the working out of norms and the international exchange of experience.

b. Advice and counsel

Governments should envisage the creation of a central co-ordinating commission on energy saving in sports facilities to provide an advisory service to those who run sports facilities. Amongst the tasks of this commission should be the creation of diagnostic teams of independent experts to help local authorities take appropriate measures, to provide advice to managers and sports clubs, to compare local performances with national norms and to prepare draft building regulations for new sports facilities which take account of their specific character and which incorporate energy-saving measures (for example double glazing, insulation index, etc.). It should also give advice on methods of financing the introduction of energy-saving measures.

A.III. Education for managers

Training

Governments should aim at instituting an appropriate national programme of initial management training (at least one year) for managers of sports facilities containing elements on energy-saving principles reflecting their relative importance.

Governments should take steps so that adequate in-service and refresher training courses on energy-saving measures in sports facilities are provided, for example for leaders of such courses.

B. Local government

Local authorities should establish energy-saving measures in sports facilities so that, *inter alia*, the provision of an adequate number of sports facilities necessary to a good community life is not harmed.

B.I. Technical aspects

a. New facilities

1. When planning for a new sports facility, local authorities should in particular consider the contribution to energy saving that may be made by natural resources, existing energy supplies (such as waste heat from industry), or by combining facilities such as swimming pools and ice rinks.

2. Local authorities should require that the design plans contain :

- an estimate of the likely annual energy consumption ;
- a description of energy-saving measures incorporated in the design.

The estimate should be based on the standardised unit of measurement referred to under Section A.II.a of this recommendation and, if too divergent from any relevant norm, consequent modifications made as appropriate.

b. Existing facilities

Local authorities should make provision to include energy-saving measures in existing sports facilities. The table at Appendix I may help in determining what measures are appropriate and rational for each type of facility. The following order of priority is recommended :

- i. improving immediate operational efficiency without additional investment ;
- ii. making minor adaptations giving short-term savings (simple measures) ;
- iii. renewing technical plant and improving equipment giving long-term savings (more costly measures).

B.II. Training of managers and other staff

1. Local authorities should ensure that all managers of sports facilities in their employment are fully aware of energy-saving possibilities and measures and are competent to oversee their introduction. They should ensure that managers also train the staff of facilities in energy saving.

2. They should appoint managers on the basis of qualifications and experience, including an assessment of their training in energy saving.

3. They should ensure that managers have access to information, new techniques available and that experience and knowledge acquired is adequately disseminated.
4. They should aim to ensure that the costs of training programmes and courses are recouped in energy-saving economies realised.

PART II

A. Managers of sports facilities

Managers should undertake a comprehensive examination of how energy consumption in the facilities they run could be reduced. They should make appropriate proposals for energy saving to their local authorities.

In pursuing energy saving, managers should follow the guidelines set out below :

1. Make the best and most efficient use of the facility and the machinery installed there (for example control adjustments, proper servicing) ;
2. Prepare plans for preventive maintenance to avoid, as far as possible, unexpected costly repair or capital expenditure ;
3. Analyse present energy costs in the facility (heating, lighting, ventilation, water treatment, other machinery, staff costs, material costs) ;
4. Analyse the real use made of the facility (for example peak hours, activity sequences, etc.) ;
5. Review energy needs and practices in the light of the real use, the appropriateness of the machinery to the use, and adapt or modify when necessary and possible (for example capacity of boilers) ;
6. Install low-cost, energy-saving services (such as time-clocks, simple pool blankets) ;
7. Review management and use of the sports facility from the energy-saving point of view (for example timetables, ventilation needs, keeping temperatures as low as possible in the light of the activity, avoiding unnecessary changes in temperature) ;
8. After implementing the above measures, arrange for cost-benefit studies of possible major improvements (such as insulation, heat pumps, etc.) ;
9. Keep informed and up to date on energy-saving measures and consider how they may be applied to the facility.

B. Sports organisations and participants

Sports organisations and participants should consider ways in which they can contribute to energy-saving measures, as a matter of mutual interest, for example and in particular :

- by co-operating in the operation of energy-saving measures ;
- by re-examining and keeping as low as possible their specific sporting needs which entail energy consumption—such as ambient temperature requirements at various levels of ability and play.

C. Designers and architects

Designers and architects should seek the most rational design of sports facilities from an energy-saving point of view. In this respect, they should take into account the results of the research and the experience referred to in Section A.I.d of this recommendation.

Appendix I to Recommendation No. R (83) 6

Table of energy-saving measures for sports facilities and their cost effectiveness

	Swimming pools				Sports halls		Ice rinks		Capital cost	Effect on total energy use
	Indoor		Outdoor							
	Existing	New	Existing	New	Existing	New	Existing	New	1 - low 3 - high	A - low C - high
A. Design and construction										
List of accommodation		×		×		×		×		
Choice of site		×		×		×		×		
Exposition—sun and wind		×		×		×		×		
Landscaping			×	×			×	×		
Form of building		×		×		×		×		
Thermal insulation	×	×			×	×	×	×		
Thermal inertia		×				×		×		
Airtightness	×	×			×	×	×	×		
Passive solar (including daylight, colour, materials)	×	×				×		×		
B. Technical										
1. General										
Control (time, temperature, humidity, lighting, water treatment) and optimisation	×	×	×	×	×	×	×	×	1	C
Pool cover	×	×	×	×					1 - 2	C
Modernisation of plant (filtration, ventilation, heating heating and lighting)	×	×	×	×	×	×	×	×	2	B
2. Energy recovery										
Heat exchange - air	×	×			×	×			2	C
Heat exchange - water		×		×		×		×	2	A - B
Heat pump - air	×	×							3	B
- dehumidification	×	×							3	B
- showers	×	×		×		×			3	B
- pool water	×	×		×					3	A
- heat transfer from refrigeration							×	×	2	C
- smoke gas recuperation	×	×	×	×	×	×	×	×	1	B
3. Environmental										
Heat pump	×	×	×	×		×			3	B
Active solar	×	×	×	×		×			2 - 3	B
4. Combined heat and power		×				×			3	C

Appendix II to Recommendation No. R (83) 6

Standardisation of units of measurement of energy consumption
in sports facilities

Definition

1. The average energy consumption of indoor and outdoor pools, halls, gymnasia and other "dry" facilities, and ice-skating facilities should be established on the basis of *kilowatt/hours per square metre of usable activity space per year*.
2. This measure will allow the energy performance of different facilities to be compared, whether in one country or several countries. Obviously, for each country there will be a range of figures and an average figure. The average will vary according to the nature of the facility and the location of the country.

Reasons for choosing this unit

3. The unit must be international and so money units cannot be used because of the variation of fuel prices from one country to another. The best unit is a unit of energy because this can be converted into money for any fuel in any country. It will also be independent of changes in fuel prices and can be used with reference to energy-saving measures. The kilowatt/hour (kWh) is a well-understood international unit.
4. Second, the unit of energy use should be related to the *area of usable activity space* in a facility, that is the pool water area, the sports space area, or ice pad area. The sports activity space determines the total size and volume of a sports facility according to standard guidelines which exist in each country. For example, the area of the pool water determines the number of changing spaces and showers, and the number of people who can use the pool at one time.
5. The total energy used in *one year* should be calculated. This allows for variation of weather throughout the year and should allow annual energy budgets to be estimated—and therefore annual fuel bills—at the design stage. There will be a slight problem with outdoor pools which may only be open for four or five months per year, but for the sake of consistency an annual figure for outdoor pools should be calculated as for all other facilities.

Calculation of basic figures

6. The total energy consumption per square metre of activity space per year for each type of facility will be the sum of 6.1 to 6.5 and some of 6.6 to 6.8.
 - 6.1. *Fabric losses*, that is energy lost through the walls, roof, and floor of the building.
 - 6.2. *Spare heating and ventilation* (fresh air inflow and exchange rate).
 - 6.3. *Domestic hot water heating*, that is hot water used directly by participants in showers and wash-hand basins.
 - 6.4. *Electricity*, for lighting and power (for pumps, fan motors, etc.).
 - 6.5. *Other losses*, for example in kitchens, offices, etc.
 - 6.6. *Pool water heating*.
 - 6.7. *Refrigeration* (for ice rinks).
 - 6.8. *Saunas*.
7. These consumptions should be calculated for facilities designed in accordance with the standard codes in each country with no incorporated energy-saving measures unless these are mandatory (for example wall and roof insulation). In addition to these basic figures, the essential parameters on which the figures are based should be stated. They will be :
 - 7.1. Designed indoor temperatures and outdoor average temperatures, in degrees celsius, and temperature of pool water ;
 - 7.2. The amount of time for which the building is open for use, in hours per year (out of a standard total of $365 \times 24 = 8\,760$ hours maximum) ;
 - 7.3. The designed relative humidity ;
 - 7.4. Procedures used when closed (complete stoppage, antifreeze, etc.).

Utilisation of the basic figures

8. The calculation of the basic figures will make plain the amount of energy used in different types of facility and the proportion of this total used in different ways. Therefore it will :

8.1. Show where effort should be concentrated in order to make the greatest savings of energy ;

8.2. Allow the total consumption of energy in sports facilities in a country to be estimated if the total area of activity space is known ;

8.3. Allow a basic target for energy use in new facilities to be established ;

8.4. Allow comparison of different facilities of a similar type in one country or in several countries ;
and

8.5. Provide basic information for the cost/benefit analysis of energy-saving measures and techniques.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (84) 8

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES ON THE REDUCTION OF SPECTATOR VIOLENCE AT SPORTING EVENTS AND IN PARTICULAR AT FOOTBALL MATCHES

*(Adopted by the Committee of Ministers on 19 March 1984
at the 368th meeting of the Ministers' Deputies)*

1. The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,
2. Recalling its Resolution (76) 41 on the "Principles for a policy of Sport for All" ;
3. Bearing in mind the Resolution adopted by the European Ministers responsible for Sport on "violence associated with sport" at their 2nd Conference (London, 1978), and their Declaration on spectator violence at football matches and other sports events, adopted at their 10th informal meeting in Rotterdam, in 1983 ;
4. Having regard to Recommendation 963 (1983) of the Parliamentary Assembly on cultural and educational means of reducing violence ;
5. Respecting the established independence of sports federations, including the international football authorities and the national football authorities in member states ;
6. Emphasising the important contribution made by sport and, especially, because of their frequency, football matches between national and club teams from member states, to international understanding and European co-operation ;
7. Supporting the principle of fair play in sport and recognising the value of a thorough appreciation of this sporting ideal among spectators ;
8. Considering that, in order to reduce violence in society generally, action must be taken against all forms of violence ;
9. Concerned by the growth of violence associated with sport, and in particular by misbehaviour and violence among spectators at football matches, which damages sport by tarnishing its public image, by deterring spectators and which may also discourage participation at the level of the sports so affected ;
10. Concerned that violence and misbehaviour impose greater social and economic costs on the communities of member states, including those arising from injury to third parties, policing and damage to property ;
11. Considering that the governments of member states and the sports organisations have separate but complementary responsibilities in combating spectator violence and that the two should work together to this end ;
12. Commending the actions already taken by member states and by the responsible national and international football authorities to reduce or contain this problem ;

13. Convinced that member states of the Council of Europe should take a lead in seeking solutions to the problem, and that their first priority should be the implementation by governments and by football authorities of practical measures which will have an immediate impact,

1. Recommends that the governments of member states :

A. Should, as far as football matches are concerned, and within applicable constitutional limits :

1. acknowledge their responsibility, complementing that of regional and local government and of other public agencies, and that of the football authorities, to curb violence amongst spectators ;

2. co-ordinate at national level the policies and actions of government departments and other public agencies against spectator violence, and foster similar co-operation to this end at other levels ;

3. attach immediate priority to the formulation and implementation of practical measures designed to reduce spectator violence in the short term, including :

a. appropriate steps to provide that adequate police resources are available to counter anticipated outbreaks of violence, both within the immediate vicinity of and inside the stadiums and along the transit routes used by spectators and also to encourage co-operation including the exchange of information between the police forces of the different localities involved ;

b. the consistent employment of, or where such does not exist the consideration of the adoption of, appropriate legislation, with a view to ensuring that those found guilty of offences related to spectator violence receive appropriate penalties, taking into account the serious nature of violent offences, which penalties may also deter others from similar acts ;

B. That they co-operate fully with and take all possible steps to encourage their national football associations to :

4. ensure that effective measures are taken at and within stadiums to reduce spectator violence at football matches and in particular :

a. to ensure that the design and physical fabric of football stadiums provide for the safety of spectators, do not readily facilitate violence between spectators, allow effective crowd control by police and contain appropriate barriers or fencing so as to protect the playing field and to control the movement of spectators around it ;

b. to segregate rival supporters, with one or more terraces reserved for visiting supporters only ;

c. to ensure this segregation by controlling the sale of tickets for matches, and to avoid the casual sale of tickets that might undermine such segregation ;

d. to ensure insofar as it is legally possible the exclusion of known trouble-makers ;

e. to ensure the provision of an effective public address system and that full use is made of this, of the match programme brochure and of other publicity outlets to encourage good behaviour by spectators ;

f. to restrict, if not ban, the sale of alcoholic drinks, including beer, and, if the sale of such beverages is permitted, to ensure that they are not available in potentially dangerous containers ;

g. to take all practicable steps to ensure that spectators do not bring in any objects that might be used in acts of violence ;

h. to consider appointing liaison officers to discuss before matches arrangements for crowd control with all appropriate public authorities so as to ensure that any relevant rules are enforced through concerted action ;

i. to encourage the establishment of official supporters' clubs and the appointment of stewards from within their membership to help manage and inform spectators at matches and to accompany parties of supporters travelling to away fixtures ;

5. ensure that the rules and guidelines of the Union des associations européennes de football (UEFA) for the avoidance of crowd disturbances are implemented as a minimum standard at all

relevant matches and to consider adapting and extending them as appropriate to national circumstances so as to have a clear set of rules applicable to domestic matches ;

C. That they work closely with their respective national football authorities to :

6. seek arrangements to assist with the financing of alterations to the physical fabric of stadiums or other measures necessary to improve safety and to curb spectator violence ;
7. consider the possibility of introducing a system of stadium licensing to promote the safety and orderly behaviour of spectators especially for those stadiums used for matches likely to attract large or unruly crowds ;
8. invite the media—whilst supporting their editorial independence and recognising their responsibility to report acts of violence—to highlight examples of fair play and sporting behaviour by participants or spectators, in order to give publicity to the authors of such acts and encourage their peers to emulate them ;
9. foster co-operation among relevant public authorities, football clubs and stadium owners to ensure good spectator access to stadiums (including bus and car parking facilities), unnecessary obstacles to spectator access being a possible stimulus to aggression among spectators ;
10. consider the introduction of procedures and studies to monitor the impact of measures to alleviate violence and misbehaviour by football spectators ;

D. That, in addition, on the occasion of international club and representative matches or tournaments they should :

11. co-operate closely and encourage similar close bilateral and multilateral co-operation as appropriate both among the relevant national football authorities involved and among the respective national public authorities (for example, police forces) including those of countries which may be crossed by visiting spectators ;
12. seek to ensure, bearing in mind each member state's legal procedures and the independence of the judiciary, that visiting spectators apprehended in connection with acts of spectator violence are tried under procedures which are in accordance with the principles set out in paragraph A.3.b above, or, where appropriate, take advantage of the possibility of transferring proceedings against such persons to the country of residence ;

E. That, as far as other sports events are concerned where violence and misbehaviour among spectators may be a problem, they apply the same principles and ideas as are embodied in this Recommendation, with respect both to governmental action and to action in co-operation with the national sports organisations concerned ;

F. That, so far as the general causes of violence amongst players and spectators are concerned, they take additional long-term measures to prevent the growth of violence in sport by promoting the sporting ideal through educational and other campaigns and by giving support to the notion of fair play, especially among young people, so as to enhance friendship among sports players and spectators ;

II. Instructs the Secretary General to transmit this Recommendation to the governments of those states party to the European Cultural Convention which are not members of the Council of Europe.

COUNCIL OF EUROPE COMMITTEE OF MINISTERS

RECOMMENDATION No. R (84) 19

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES ON THE "EUROPEAN ANTI-DOPING CHARTER FOR SPORT"

*(Adopted by the Committee of Ministers on 25 September 1984
at the 375th meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Recalling its Resolution (67) 12 on the "Doping of Athletes" and Recommendation No. R (79) 8 on "Doping in Sport" ;

Bearing in mind the Resolution on "Doping and Health" adopted at the 2nd Conference of European Ministers responsible for Sport, in London in 1978 ;

Emphasising that the use of doping agents is both unhealthy and contrary to the ethical values of sport and thus undermines the main purposes for which sport is supported financially by public authorities ;

Concerned that the use of doping agents is becoming more common and spreading to more forms of sport and that ever-younger sportsmen and sportswomen use them ;

Considering that governments have a general responsibility to counter the use of doping in sport ;

Considering that doping in sport is a part of the problem of drug abuse in society ;

Stressing that the elimination of this problem will require common action by public authorities and sports organisations, each acting within the sphere of its own responsibilities ;

Esteeming that a statement of principles on the roles of each partner will make a timely contribution to further endeavours in the anti-doping campaign, and that the text adopted by the European Ministers responsible for Sport at their 4th Conference, in Malta in 1984, under the title of the "European Anti-Doping Charter for Sport" is such a statement of principles,

I. Recommends the governments of member states :

1. to take the action set out in Part A of the appendix to this recommendation ;
2. to take, in co-operation with the sports organisations, the action set out in Part B of the appendix to this recommendation ;
3. to distribute this recommendation and its explanatory memorandum widely amongst all sports organisations and other interested parties ;

II. Instructs the Secretary General to transmit this recommendation to the governments of states party to the European Cultural Convention who are not member states of the Council of Europe ;

III. Instructs the Secretary General to transmit this recommendation to international sports organisations.

Appendix to Recommendation No. R (84) 19

European Anti-Doping Charter for Sport

Part A : The governments of member states should :

1. Take all appropriate steps falling within their competence to eradicate doping in sport and in particular :
 - 1.1. to ensure that effective anti-doping regulations are implemented : for example, by applying the provisions of appropriate legislation in member states where it exists or by obliging sports organisations which have not yet done so to adopt and apply effective anti-doping regulations, for example by making it a condition for receiving public subsidies ;
 - 1.2. to co-operate at international level :
 - a. in measures designed to reduce the availability of doping agents ;
 - b. in facilitating the carrying out of official doping controls decided on by international sports federations ;
2. Set up and run, either individually or collectively, doping control laboratories of a high technical standard.

The creation and operation of high-class doping control laboratories should include provision for the training and retraining of qualified staff and for an appropriate research programme.

These laboratories should be of such a standard that they can be recognised, accredited and verified at regular intervals by the competent international organisations, especially insofar as such laboratories may be used for doping controls at international sports events held on the territory of the member state.
3. Encourage and promote research in doping control laboratories into analytical chemistry and biochemistry, and subsequently help with the publication of the results of research in order to disseminate such knowledge ; and make suitable arrangements for the adoption of techniques, standards and policies as research shows to be necessary.
4. Devise and implement educational programmes and campaigns from school-age onwards drawing attention to the dangers and unfairness of doping and promoting the proper ethical and physical values of sport ; and support the design of properly constructed physiological and psychological training programmes which would encourage the continual search for improved performances without using artificial aids or harming the participant's organism.
5. Assist with the financing of doping controls.

Part B : The governments of member states should offer their co-operation to the sports organisations, so that the latter take all measures falling within their competence to eradicate doping

6. Sports organisations should be encouraged :
 - 6.1. to harmonise their anti-doping regulations and procedures, based on those of the International Olympic Committee and the International Amateur Athletic Federation, and ensure that these regulations provide for an adequate protection of the rights of sports participants accused of contravening the anti-doping regulations, including the right to a fair examination in the proceedings which may lead to penalties being imposed ;
 - 6.2. to harmonise their lists of banned substances, based on those of the International Olympic Committee, and making appropriate provision for the specific anti-doping requirements of each sport ;
 - 6.3. to make full and efficient use of the facilities available for doping controls ;
 - 6.4. to include a clause in their regulations whereby, in order to be considered to be eligible to take part in any official event of that sports organisation or federation, an athlete would agree to submit at any time to any doping control decided on by an official properly and duly authorised by that federation or its superior federation ;
 - 6.5. to agree on similar and substantial penalties for sportsmen or women caught using doping substances and for any other person providing, administering or facilitating the use of doping substances ;
 - 6.6. to recognise that unduly high performance levels required in some events might result in the temptation to use drugs.

COUNCIL OF EUROPE

COMMITTEE OF MINISTERS

RECOMMENDATION No. R (86) 18

OF THE COMMITTEE OF MINISTERS TO MEMBER STATES

ON THE EUROPEAN CHARTER ON SPORT FOR ALL: DISABLED PERSONS

*(Adopted by the Committee of Ministers on 4 December 1986
at the 402nd meeting of the Ministers' Deputies)*

The Committee of Ministers, under the terms of Article 15.b of the Statute of the Council of Europe,

Considering that the aim of the Council of Europe is to achieve a greater unity between its members, notably by means of common action in social and cultural matters;

Considering that in the member states nearly one person in every ten suffers from a variety of impairment, disability or handicap;

Bearing in mind its Resolution (76) 41 on the principles for a policy of sport for all and particularly Article I of the appendix thereto which states that "every individual shall have the right to participate in sport";

Having regard to Resolution No. 5 and Resolution No. 7 on sport for handicapped persons, adopted respectively at the 3rd (Palma de Majorca, 1981) and 4th (Malta, 1984) Conferences of European Ministers responsible for Sport;

Bearing in mind its Resolution AP (84) 3 adopted in the framework of the Partial Agreement in the Social and Public Health Field, on a coherent policy for the integration of disabled people which states, in paragraph 2.4 of its appendix, that "participation in sport should be encouraged", that "sport is a vital factor in rehabilitation and integration", and that "sports activities should be intensified and their further development encouraged by appropriate public relations methods, the training of staff, the planning of sports centres and the promotion of associations";

Considering that it is necessary to create a welcoming climate for disabled people, to recognise their right to be helped and to improve their position in society;

Considering that, in accordance with these ethical principles and the respect of each human being, the promotion and development of sport and physical recreation for all disabled persons is an important means of improving the quality of their life, as well as contributing to their rehabilitation and integration in society;

Considering that the European ministers responsible for sport, meeting for their 5th Conference in Dublin (1986), adopted a resolution defining such principles under the title of the "European Charter on Sport for All: disabled persons",

I. Recommends the governments of member states:

1. to take the action set out in Part A of the appendix to this recommendation;
2. to encourage and work closely with the sports organisations concerned to take action set out in Part B of the appendix to this recommendation;

3. to distribute this recommendation widely amongst all sports organisations and other bodies and organisations concerned with disabled persons;

II. Instructs the Secretary General to transmit this recommendation to:

a. the governments of states party to the European Cultural Convention which are not members of the Council of Europe;

b. the competent international sports organisations, and other organisations concerned with the needs of disabled persons.

Appendix to Recommendation No. R (86) 18

European Charter on Sport for All: disabled persons

Part A

The governments of member states should:

1. take the necessary steps to ensure that all relevant public authorities and private organisations are aware of the sporting and recreational wants and needs, including in education, of all disabled persons—not only those who are physically or sensorially disabled and mentally handicapped, but also those who suffer from an organic or psychosomatic disorder;

2. orientate their policies for such persons so that they may have adequate opportunities to take part in recreational physical activities which will:

- encourage their feeling of well-being and/or improve their physical condition;
- provide self-fulfilling leisure-time occupations;
- encourage social communication both between themselves and between them and able-bodied persons;

3. encourage the appropriate authorities to seek to ensure that public sports facilities are accessible to and usable by disabled persons and to incite these authorities:

a. to consider the need to set aside public money to help with the conversion of existing facilities to meet the building guidelines set down in the appendix to the explanatory memorandum to this recommendation or equivalent national standards;

b. to ensure so far as is possible that future sports facilities will meet these guidelines or equivalent national standards;

c. to take steps to familiarise architects and managers of sports facilities with the requirements of disabled people;

4. encourage co-operation between the various public authorities involved in sport for disabled persons, such as health, social welfare, education and sport departments, and their policies and actions;

5. encourage where appropriate the setting up of an umbrella body for the development of sport for all disabled persons, bringing together all appropriate and relevant interests and expertise;

6. encourage those financing sports activities for all disabled persons to take account of their special needs and requirements;

7. encourage the development of sport and recreation for disabled persons as an integral part of rehabilitation and as a continuation of it as well as for its wider general benefit;

8. encourage research, as necessary, which will determine scientifically the physiological, psychological, social or other benefits of sport for different categories of disabled people, together with other research which may be deemed to be appropriate;

9. encourage educational authorities to take sufficient steps to provide adequate and real physical education for disabled children in schools, and to train to the required level those who may teach these children;

10. encourage the provision of opportunities for disabled persons who so desire to train as physical education teachers;

11. encourage the provision of training of disabled and able-bodied instructors to work with recognised competent sports organisations ;
12. ensure that when sports policy is being decided the interests and views of disabled persons are given due consideration ;
13. ensure, within their constitutional limits, that this recommendation is also observed by the appropriate regional and local authorities with competence in any of the areas mentioned above.

Part B

The governments of member states should encourage and work closely with the sports organisations concerned in order :

1. to develop appropriate activities at all levels of sport for disabled persons and to ensure in particular that recreational participation in sport is adequately provided for ;
2. to consider ways in which disabled persons may be offered opportunities for integrating into traditional sports clubs and organisations ;
3. to encourage disabled persons to contribute directly to the development of sports policies which concern them ;
4. to ensure that in their policy-making and decisions the sporting interests of all disabled persons are taken into due account ;
5. to recognise that disabled persons may aspire to elite sport and to participate in it according to their abilities and to ensure that the organisation of such competitions does not in any way lead to the exploitation, whether physical, psychological or financial, of possible participants ;
6. to continue the efforts, at national, regional, and local levels, and within the competent international sports organisations to harmonise, simplify and, where appropriate, to reduce the classification categories and the eligibility criteria for participation at competitions between disabled persons ;
7. to intensify efforts to enable disabled persons, insofar as they may desire to do so, to compete in the same events as the able-bodied, while preserving the principle of fair and equal competition ;
8. to intensify the co-operation of their activities, with a view to eventual unification, both at international level and at national level, in the body described at Article 5 of Part A ;
9. to develop policies designed to give the general public more information on sport for disabled people.